



OFFICE OF EMERGENCY
SERVICES

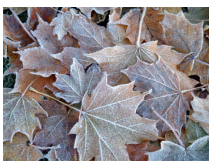
Winter 2008



* make a plan * build a kit * be prepared * get involved *

Winter Preparedness Tips

Information from the National Weather Service



In addition to weather and temperature changes, there are other things that San José residents should keep in mind. Wind chill is not the actual temperature, but rather how wind and cold feel on exposed skin. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature. This may lead to frostbite and hypothermia. Infants and elderly people are most susceptible.

Frostbite is damage to body tissue caused by extreme cold. It produces a loss of sensation and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose. A temperature of -20° Fahrenheit (F) will cause frostbite in just 30 minutes.

Hypothermia occurs when the body temperature drops to less than 95° F. It can be life-threatening. Those who survive may still face damage to the kidneys, liver, and pancreas. Symptoms of hypothermia include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, and apparent exhaustion. If any symptoms of frostbite or hypothermia are detected, seek

medical help immediately. If medical care is not available, treat frostbite by slowly re-warming the affected areas. If the person is also showing signs of hypothermia, warm the body core before the extremities. Warming the arms and legs first drives cold blood toward the heart and can lead to heart failure.

Winter weather can also create hazards in and around your home. It is a good idea to keep your emergency supply kit updated with essential items such as a hand-crank flashlight and radio, extra food and water, warm clothes, and first aid supplies. Depending on the severity of a winter storm, it may be necessary to stay indoors and prepare for a potential loss of utilities. Severe weather can also bring periods of torrential rainfall, which may lead to flooding in some areas. Ensure proper drainage around your home by keeping gutters free from debris. Also, make sure your automobile is prepared for emergencies by regularly checking fluid levels (oil, anti-freeze, etc.) and maintaining at least half a tank of gasoline at all times.

For more winter tips, visit the National Weather Service online at: <http://www.weather.gov/om/winter>

Dress For The Season

If you have to leave your home during the cold months in San José, make sure that you are appropriately dressed for the weather. Instead of one layer of heavy clothing, wear multiple layers of loose, lightweight, and warm clothes. The trapped air insulates the body. Remove layers to avoid perspiration and subsequent chill. Outer garments such as jackets should be tightly woven, water repellent, and hooded. It is also a good idea to wear a hat, since half your body heat loss can be from the head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are generally better than gloves. And remember to stay as dry as possible.



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DID YOU KNOW?

The lowest recorded temperature in San José was 19°F in 1990.

San José Prepared!

TRAIN-THE- TRAINER

**February 28, 2009
9 am to 12 pm
Willows Senior
Center
2175 Lincoln Avenue
San José, CA 95125**

Please **RSVP** by
February 20, 2009
(408) 277-4598
or email

SJPrepared@sanjoseca.gov

2-Hour Course Conducted in Chinese and American Sign Language



Scarlett Li Lam presenting to the Chinese government officials.

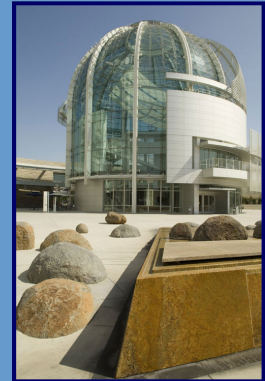
The Office of Emergency Services (OES) is thrilled to announce the presentation of the 2-Hour Home and Family Disaster Preparedness Course in both Chinese and American Sign Language. On September 9, in collaboration with the City of San José's Office of Economic Development and the International Studies Program at San José State University, OES Administrative Manager Scarlett Li Lam conducted a presentation on emergency management in Chinese to 19 government officials from the Shandong Province of China. On October 15, Training Specialist Alvin Galang conducted the 2-Hour course to over 20 members of the Deaf Counseling Advocacy and Referral

Agency (DCARA). With the help of sign language interpreters, Alvin presented disaster information and answered several questions from the audience. "I am surprised with all the participation. It is probably one of the most interactive groups that I have ever taught. It is a pleasure working with the translators, staff, and members of DCARA." With the launching of both the Spanish and Vietnamese classes earlier this year, OES is expanding its community outreach by offering disaster preparedness in additional languages. If you are fluent in Spanish, Vietnamese, or Chinese, and are interested in helping with emergency preparedness, please consider attending the Train-the-Trainer class on February 28, 2009 (see page 1).

City and RDA Employees Receive Disaster Preparedness Information

Training Specialist Saman Saffarzadeh conducted presentations to the Redevelopment Agency (RDA) and the Department of Planning, Building and Code Enforcement on September 11 and October 15, 2008, respectively. The focus of his presentations is to reinforce the fact that all City employees are considered to be Disaster Service Workers (DSWs) and are expected to report to work after a major disaster or emergency. It is important for City and RDA employees to be prepared at

home and make sure that their family members have emergency kits with food, water, and first aid supplies. This would allow for peace of mind and make it much easier for employees to return to work. A total of over 70 City and RDA employees attended Saman's presentations.



The Rotunda building at San José City Hall.



Participants at the Second Annual San José Prepared! Leadership Forum.

Second Annual San José Prepared! Leadership Forum

On September 24, the Office of Emergency Services (OES) held its Second Annual San José Prepared! Leadership Forum at City Hall. Over 30 people attended the evening event, including representatives from the Radio Amateur Civil Emergency Services (RACES), City staff, community leaders, and San José Prepared! volunteer instructors. They learned that between July 1, 2007 and June 30, 2008, there were 28 volunteers who attended the Train-the-Trainer classes, 75 people attended the 20-Hour course, and 938 people attended the 2-Hour course. During the group discussion, participants suggested ways to

promote San José Prepared! classes, such as participating in more community events and coordinating with Council Offices and City departments. They also proposed using mass media (TV, radio, and Internet) to promote San José Prepared! and recruit more volunteers to the program. The forum provided an opportunity for those involved with the San José Prepared! program to network and share ideas with each other. By the end of the evening, many participants were excited at the potential of the San José Prepared! program and were willing to help out as much as they could. Thank you to all the participants who made the forum a major success.



McLaughlin Corridor Neighborhood Association members at their Safety Fair on September 13, 2008.



Training Specialist Saman Saffarzadeh at the information booth during the Community-Fest event at George Page Park on September 20, 2008.



Residents from The Villages during their annual disaster preparedness drill on October 20, 2008.



OES staff members Kim Shunk, Alvin Galang, Saman Saffarzadeh, and Scarlett Li Lam with new 20-Hour San José Prepared! graduates at The Villages Golf and Country Club. Picture taken on August 8, 2008.



OES staff members Alvin Galang, Saman Saffarzadeh, and Scarlett Li Lam with new 20-Hour San José Prepared! graduates at the Emergency Operations Center. Picture taken by OES Director Kim Shunk on October 18, 2008.



Volunteer trainer Howard Hoff presenting the Home and Family Disaster Preparedness course at the Almaden Community Center on November 13, 2008.



Volunteer trainers Alex Fraser, Mary Tanner, Frances Tao, and David Bushman with OES Director Kim Shunk at the Strawberry Park Emergency Preparedness Awareness Fair on September 13, 2008.



Training Specialist Alvin Galang with OES Director Kim Shunk receiving a Certificate of Appreciation from United Neighborhoods of Santa Clara County Treasurer Michael LaRocca. Picture taken on October 21, 2008.

"NAME THIS NEWSLETTER" UPDATE

Thank you for submitting your suggestions. We received a total of seven entries. After obtaining feedback from the Leadership Forum participants, OES announces that the winning name is...San José Prepared! The decision to keep the name is consistent with our goal to make San José Prepared! a household name.

AFFIX
STAMP
HERE

Office of Emergency Services

855 North San Pedro Street, #404
San José, CA 95110
Phone: 408-277-4595
Fax: 408-277-3345
E-mail: SJPrepared@sanjoseca.gov

Visit us online: www.sanjoseca.gov/emergencyservices

where you can also find the **electronic version**
of the newsletter!



GO GREEN!
TO RECEIVE THIS NEWSLETTER
ELECTRONICALLY, PLEASE
EMAIL US AT
SJPrepared@sanjoseca.gov

Free 2-Hour Home and Family Disaster Preparedness Presentations

DATE	TIME	LOCATION
2/4/09	6-8pm	West San José Community Center
2/12/09	6-8pm	Almaden Community Center
2/18/09	6-8pm	Evergreen Community Center
2/19/09	6-8pm	Shirakawa Community Center
2/25/09	5:30-7:30pm	Rose Garden Library
3/5/09	6-8pm	Gardner Community Center
3/11/09	6-8pm	Camden Community Center
3/12/09	6-8pm	Southside Community Center
3/17/09	5:30-7:30pm	Berryessa Library
3/26/09	6-8pm	Hank Lopez Community Center

20-Hour San José Prepared! Course

Fee: \$40.00

MODULE	DATE	TIME	CLASS	LOCATION*
1	1/26/09	6-8pm	Personal Preparedness and Neighborhood Organization	EOC
2	1/29/09	6-8pm	Fire Safety and Hazardous Materials	EOC
3	1/31/09	9am - 3pm	Refresher: Modules 1 & 2, Hands-on Fire Extinguisher Safety	BFO
4	2/2/09	6-8pm	START Triage and Disaster Psychology	EOC
5	2/5/09	6-8pm	Light Search and Rescue and Damage Assessment	EOC
6	2/7/09	9am - 3pm	Terrorism Awareness and Preparedness, Refresher: Modules 4 & 5, Hands-on Activities, Graduation	EOC

* EOC= Emergency Operations Center (855 N. San Pedro Street #454)

BFO=Bureau of Field Operations (255 S. Montgomery Street)

Dates, times, and locations are subject to change. For complete schedules, please visit our website at <http://www.sanjoseca.gov/emergencyservices/sanjoseprepared>

This publication can be made available upon request in alternate formats, such as, Braille, large print, audio recording or accessible electronic format.

Requests can be made by calling 408-277-4595 or 408-294-9337

"This publication is supported by Award No.2006-0071, awarded by the Department of Homeland Security (DHS), Office of Grants and Training (G&T)."

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